

# Shelby Bottoms Nature Center



## Fall 2016 Program Schedule

Shelby Bottoms Nature Center is open:  
Tues/Thurs/Sat – 9 am to 4 pm  
Wed/Fri – 12 to 4 pm

Shelby Bottoms Greenway is open  
7 days a week from dawn to dusk.

### Mailing Address:

Shelby Bottoms Nature Center

1900 Davidson St.  
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245

Email:

[shelbybottomsnature@nashville.gov](mailto:shelbybottomsnature@nashville.gov)

Website: [www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx](http://www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx)



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Happy fall! It finally feels like the autumn we know and the leaves are just beginning to change color and trickle down. It's a time to get out and enjoy the best of what Nashville's nature has to offer: gorgeous colors on an amazing diversity of trees and shrubs; cooler, crisp air; lower humidity and dew point; bright blue daytime skies and clear, dark (in the right places) night skies. It's certainly reason enough to get outside.

We kick off the month with a bird seed and feed donation drive. Say goodbye to our summer birds as they are off to Central and South America and say thanks for staying to our year round residents by bringing in bird food for the winter. This fall we will learn about birds and the perils they face by watching *The Messenger*, an award winning documentary. We are also offering an array of hikes and bikes to take in the fall experience. Migration, apples, spiders, bats, bulb planting, pumpkins, turkeys and more are the fall topics we'll explore. And finally, we are welcoming special guest Richard Barrow to take us on a journey through our Greenways to learn what elements to photograph where. It's sure to be a great fall, so come join us as we celebrate the season.

## October

Fall at Sevier Lake by James Fullerton



**Bring a seed, leave a seed! October is bird food drive!**  
**Bring a bag of bird seed or blocks of suet cakes to feed our winter residents! Thanks!**



### Family Hike

Wednesday, October 5  
2—3:30pm  
All ages  
Registration required

Let's head to the woods for a hike and enjoy the cooler weather. We will start at the Nature Center and end at the East Nashville Farmer's Market (starts at 3pm)!  
Leader: John Michael Cassidy

### Bye, Bye Birdies!

Thursday, October 6  
10—11 am  
All ages  
Registration required

Let's learn about migration and where the birds go each fall. We'll play games and learn about the fascinating travels of birds!  
Leader: Denise Weyer

### Spider Night Hike

Thursday, October 6  
7—8 pm  
All ages  
Registration required

Nighttime can be a great time to explore our arachnid friends by looking for them using a special technique called "eye shine." We will have stories, crafts and a special snack!  
Leader: Christie Wiser



### Awesome Apples



Saturday, October 8  
10—11 am  
All ages  
Registration required

Looking, tasting, rolling, and even painting with apples. We will enjoy this marvelous fruit and gather on the back porch to sip some hot apple cider and share our favorite memories of fall.  
Leader: Megan St. Clair

### Storytime: Fall Harvest - National Farmer's Day

Wednesday, October 12  
2—3 pm  
All ages  
Registration required

Join us for a midday story time, fun craft, and outside activity. The program will focus on fall harvest and farms. After our story and craft, we will explore around the nature center.  
Leader: Nature Center Staff & Volunteers



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Programs could be cancelled due to inclement weather or low participation.

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## Seasons in Nature



Friday, October 14  
1—2 pm  
Ages 3—5 years  
Registration required

Together we will learn about fall critters: where they live and what they are doing. Why are they so busy? Where do all the birds go in winter? How do we know it is fall? Let's discover!  
Leader: Megan St. Clair

## Bird Friendly Coffee Social



Saturday, October 15  
8—10 am  
All ages  
No registration

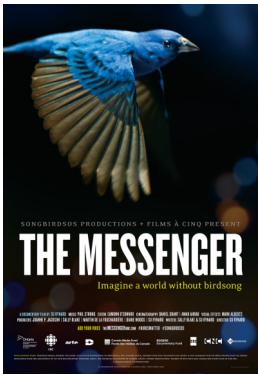
Coffee-drinkers (regulars and visitors) who enjoy Shelby Bottoms are welcome to join us in the classroom and back porch for some quality Certified "Bird-Friendly" coffee. Learn about the park, wildlife, bird habitat-coffee connection, & get a free cup to fuel your morning walk on the trails.  
Leader: John Michael Cassidy and Jim Hicks

## Migratory Bird Walk

Saturday, October 15  
10—11:30 am  
Ages 7+  
Registration required

We will visit a number of different habitats in search of migrating birds. This outing is suitable for novice bird-watchers and general nature-lovers. We will return to the nature center for a cup of Bird Friendly Coffee  
Leader: John Michael Cassidy

## The Messenger Film



Saturday, October 15  
12—2 pm  
All ages  
No registration

*In ancient times humans looked to the flights and songs of birds to foretell the future.*

*Today once again the birds have something to tell us.*

Drop in and catch the documentary that won the Best Theatrical Feature - International Wildlife Film Festival Missoula, Montana and has been Nominated for Best Cinematography in a Feature Documentary - Canadian Screen Awards. John Fitzpatrick, Director of the Cornell University Lab of Ornithology has said "The Messenger is riveting, emotionally engaging, and visually extravagant from the first frame to the last. Up-to-the-minute facts on how birds communicate about environmental change are interwoven with gripping stories about the perils faced every year by these amazing world travelers. This is a must-see movie for anybody who values the natural world or wonders about its relationship to humans." Afterwards, we'll have discussion about the movie with Austin Peay State University Ornithologist Dr. Stefan Woltmann and the president of the Nashville Chapter of TN Ornithological Society, Cyndi Routledge.

## Mill Creek Greenway – Whitsett Park

Thursday, October 20  
5—6:30 pm  
All ages  
Registration required

Join us for a naturalist-led evening walk along lower Mill Creek. Highlights will include: flora/fauna of Mill Creek, Hands On Nashville Urban Farm, and the cemetery of Mill Creek Baptist Church (est. 1797).  
Leader: John Michael Cassidy & Matt Stroud

## Pumpkin Guts!



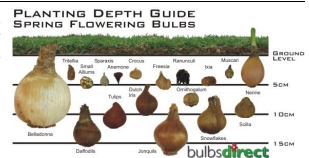
Friday, October 21  
1—2 pm  
All ages  
Registration required

Let's see what is inside the pumpkin. We'll toast up some seeds and discover just what that stringy stuff inside is all about.  
Leader: Megan St. Clair

## Planting Bulbs

Saturday, October 22  
10—11 am  
All ages  
Registration required

We're planting bulbs for spring and taking one last dig in the mud to see the worms! Come join us for fun and learning!  
Leader: Megan St. Clair



## Body Works



Saturday, October 22  
10—11 am  
Ages 18+  
Registration required

This mat class focuses on lengthening, stretching, and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.  
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of [BestUWellness.com](http://BestUWellness.com)

bestUwellness



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## It's a Pumpkin Party!

*Pumpkin carving, movie, picking party, bring a picnic & more!*

Saturday, October 22  
1—3 pm  
All ages  
Registration requested:  
This helps us know how many supplies are needed!

We love this fun time of year here at the Shelby Bottoms Nature Center! Come celebrate by bringing a pumpkin to carve and a picnic lunch to enjoy on our porch or lawn. We will also have a monster of a movie reeling, ghoulish games, chilling crafts and more. It's going to be "Spooktacular"!!!  
Leader: Christie Wiser and staff



## Coloring by Candlelight

Wednesday, October 26  
7—8 pm  
Ages 21+  
Registration required

Coloring for relaxation and tranquility has shown to be affective for adults that deal with the daily grind of work and stress from our busy lives. Join us for an evening of coloring in a soothing environment by the flicker of candlelight. Leader: Christie Wiser

## It's a BAT time!



Friday, October 28  
6—8 pm  
All ages  
Registration required

It's about time for BAT WEEK 2016! Come to the nature center to learn all about those marvelous flying mammals this spooky Halloween week: BATS! Researchers Steve & Sara Samoray will allow us to hear the vocalizations of bats and we might even just get to see one very up close and personal if they are out and about!  
Leader: Steve & Sara Samoray

## Pumpkin Purposes

Saturday, October 29  
1—3 pm open house style  
All ages  
Registration required

This time of year brings us many unused pumpkin parts! Take out some time to learn about various uses for pumpkin leftovers, one of which will be delicious homemade pumpkin ice cream!  
Leader: Christie Wiser

# November

Blackberries ablaze by James Fullerton

## Día de Muertos: A naturally beautiful day!



Tuesday, November 1  
12—3 pm open house style  
All ages  
Registration required

All Souls Day or "Day of the Dead" is a day of honoring and celebrating those who have passed from the earth, while continuing our loved ones on a spiritual journey with marigolds, gifts, food and other festivities. Stop by the nature center for a gathering in honor of this naturally beautiful day.  
Leader: Christie Wiser

## Bird Friendly Coffee Social



Saturday, November 5  
8—10 am  
All ages  
No registration

Coffee-drinkers (regulars and visitors) who enjoy Shelby Bottoms are welcome to join us in the classroom and back-porch for some quality Certified "Bird-Friendly" coffee. Learn about the park, wildlife, bird habitat -coffee connection, and get a cup to fuel your morning walk on the trails.  
Leader: John Michael Cassidy and Jim Hicks

## Photography Along Our Greenways by Richard Barrow

Saturday, November 5  
10—11 am  
All ages  
Registration required

[www.rbarrowimages.com](http://www.rbarrowimages.com)

Come learn about the different characters of several of Nashville's Greenways: which ones are best for different types of photography such as landscapes, flowers, sunrise, sunset, and wildlife. Richard will show examples of images he's taken and then show on the map where it was taken to encourage photographers and non photographers to explore beyond their local Greenways to enjoy this natural treasure to its utmost.

## To Bee Keep or Not to Bee Keep...

Saturday, November 5  
1—2:30 pm  
Ages 18+  
Registration required

Before buzzing right into the art of keeping bees, meet and discuss the skill with experienced and local bee keepers. This will help you decide if honey bee keeping is right for you!  
Leader: Christie Wiser, Todd Cantrell, and local bee keepers of the East Nashville area



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## School's Out; Let's Go Out!

Tuesday, November 8  
2—3 pm  
All ages  
Registration required

School's out today so let's get outside and enjoy! We'll hike, collect some leaves or other natural materials, do a craft, and just enjoy this free fall day!  
Leader: Denise Weyer



## Body Works

bestUwellness

Saturday, November 12  
10—11 am  
Ages 18+  
Registration required  
Davidson Street entrance may be closed. Use alternate.

This mat class focuses on lengthening, stretching, and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.  
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of [BestUWellness.com](http://BestUWellness.com)

## Fall Colors Hike

Saturday, November 12  
2—3:30 pm  
All ages  
Registration required

Enjoy a hike in nature with the colors of Shelby Bottoms' many beautiful trees: oaks, maples, and more.  
Leader: John Michael Cassidy  
Davidson Street entrance may be closed. Use alternate.



## Autumn Moonlight Hike

Tuesday, November 15  
8—9 pm  
All ages  
Registration required

Fall is in the air and there is no better time to enjoy it than taking a night hike through beautiful moonlit Shelby Bottoms. This hike will be cancelled if the weather is not suitable.  
Leader: Christie Wiser

## Bike Ride: Full Moon

Wednesday, November 16  
6—7:30 pm  
Ages 10+  
Registration required

Ride into the still of a crisp fall evening under a full moon. We will stop by highlighted areas of nocturnal-mammal activity in Shelby Bottoms: ponds, fields, woods. **Helmet required**  
Leaders: John Michael Cassidy and Volunteers

## Bird Friendly Coffee Social



Saturday, November 19  
8—10 am  
All ages  
No registration

Coffee-drinkers (regulars & visitors) who enjoy Shelby Bottoms are welcome to join us in the classroom and back-porch for some quality Certified "Bird-Friendly" coffee. Learn about the park, wildlife, bird habitat-coffee connection, and get a cup to fuel your morning walk on the trails.  
Leader: John Michael Cassidy and Jim Hicks

## Encore, Encore!

## Silly Grandpa and Mizz KT & Friendz Return!

Saturday, November 19  
10—11 am  
All ages  
Registration required

Missed it this summer? Join us for an encore performance from Silly Grandpa and Mizz KT and Friendz and their fun nature-y tunes! Silly Grandpa is the brainchild of two-time, Grammy nominated writer and artist, Michael "Supe" Grandpa. A founding and current member of seminal, 70's classic rock band, the Ozark Mtn. Daredevils. Grandpa's love of silly songs and entertaining his grandchildren has inspired a brand new album of songs and performances.  
Mizz KT and Friendz (Catherine Holder) is a wacky one woman theatrical show with puppetry and original electronic pop music. They perform with Wishing Chair Productions at the Downtown Library and most recently at the International Puppet Festival, along with schools and events around Middle Tennessee. Stellena Orr at Brentwood YMCA Family Preschool says "Mizz KT and Friendz is a fun experience for EVERYONE!"



## Turkeys Gone WILD!!!

Saturday, November 19  
2—3 pm  
All ages  
Registration required

Wild Turkeys are fascinating! Learn more about these large birds that can be spotted around the park.  
Leader: Christie Wiser



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